

NDAC Top Male Masters T&F Performances (Indoors)

M35 60m

7.53 Tom Reynolds

M45 60m

7.59 Roger Sexton

M45 200m

24.28 Roger Sexton

M45 400m

55.6 Brian Smith

M50 400m

58.6 Brian Smith

M55 400m

60.65 Trevor Alderdice

M40 800m

2:05.98 Francis Marsh

M45 800m

2:03.7 Trevor Alderdice
2:07.7 Brian Smith

M50 800m

2:08.6 Trevor Alderdice
2:12.6 Brian Smith

M55 800m

2:24.68 Trevor Alderdice

M40 1500m

4:07.58 Francis Marsh

M45 1500m

4:18.9 Trevor Alderdice

M50 1500m

4:26.0 Trevor Alderdice

M40 3000m

9:06.36 Francis Marsh

M40 3000m

9:32.76 Francis Marsh

M55 3000m

9:53.13 Francis Marsh
10:14.63 Terry Eakin

M60 3000m

10:40.43 Terry Eakin

M40 Pole vault

4.40 Mike Bull

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M40 Shot (7.26kg)

10.79 Mike Bull